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Rivel Soup ^{••}

Rivel Soup is a traditional soup made with rivels, small dumplings made from flour, egg, and salt. It is a hearty soup often served as a main course. The soup has a rich and savory flavor, and the rivels add a satisfying texture. It is a popular dish in Pennsylvania Dutch cuisine.

Recipe Type: Standard

Prep Time: 20 mins

Cook Time: 45 mins

Total Time: 65 mins

Recipe Yield: 800 grams

Number of Servings: 4

Serving Size: 200 g

Ingredients

250 g	All-Purpose Flour
1 pieces	Egg
1 tsp	Salt
1000 ml	chicken broth

200 g	Carrots
200 g	celery
150 g	onion
50 g	Butter
10 g	Parsley
0.5 tsp	Black pepper

Directions

Step 1

Mixing

In a mixing bowl, combine the flour, egg, and salt to make the rivels. Mix until the dough comes together.

Prep Time: 10 mins

Cook Time: 0 mins

Step 2

Boiling

Bring the chicken broth to a boil in a large pot.

Prep Time: 0 mins

Cook Time: 5 mins

Step 3

Boiling

Drop small pieces of the rivels dough into the boiling broth. Cook for 10 minutes.

Prep Time: 0 mins

Cook Time: 10 mins

Step 4

Simmering

Add the carrots, celery, onion, butter, parsley, and black pepper to the pot. Simmer for 30 minutes.

Prep Time: 10 mins

Cook Time: 30 mins

Nutrition Facts

Calories: 350 kcal

Fat: 10 g

Protein: 15 g

Carbohydrates: 50 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	15 g	88.24%	88.24%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	50 g	90.91%	100%
Fibers	5 g	13.16%	20%
Sugars	10 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	2 g	N/A	N/A
Saturated Fat	5 g	22.73%	29.41%
Fat	10 g	35.71%	40%
Cholesterol	50 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	2000 iu	222.22%	285.71%
Vitamin C	10 mg	11.11%	13.33%
Vitamin B6	0 mg	0%	0%
Vitamin B12	1 mcg	41.67%	41.67%
Vitamin E	1 mg	6.67%	6.67%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	800 mg	34.78%	34.78%
Calcium	100 mg	10%	10%
Iron	3 mg	37.5%	16.67%
Potassium	500 mg	14.71%	19.23%
Zinc	1 mg	9.09%	12.5%
Selenium	10 mcg	18.18%	18.18%

Recipe Attributes

Seasonality

Summer

Fall

Events

Picnic

Cuisines

Italian

Course

Salads

Soups

Snacks

Sauces & Dressings

Cultural

Chinese New Year

Easter

Cost

Under \$10

Demographics

Senior Friendly

Diet

Nordic Diet

Vegetarian Diet

Vegan Diet

Raw Food Diet

Pescatarian Diet

Ovo-Vegetarian Diet

Lacto-Vegetarian Diet

Lacto-Ovo Vegetarian Diet

Fruitarian Diet

Meal Type

Lunch

Dinner

Snack

Difficulty Level

Easy

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